



50+ Recreation January 2016



Our mission is to enrich the lives of our citizens. ISSUE 1

www.ColumbusRecParks.com

Fitness Resolution Solution

Join the staff of recreation and parks and sample fitness activities that are offered in our centers.

January 9, 2016

10:00 am - 2:00 pm

Schiller Community Recreation Center

1069 Jaeger St., 43206

- **Free family-friendly event!**
- **Sample fitness activities that are offered in our centers and become eligible to win prizes.**
- **Activities include:** Bootcamp, HIIT, Complete Physique, Boxing Fitness, Tae Kwon Do, Tai Chi, Zumba, Zumba Gold, Fitness Room/Challenges, Cycling, Street Hockey, Kids Fitness, Line Dancing, Yoga, Stiletto Dance Fit, Wellness, Walk With A Doc & Healthy Food Demos

Don't forget to get your fitness room membership. Only \$40 per year for admittance to all of CRPD's Get Active Fitness Centers.

50+ Water Exercise

A little too many holiday treats and eggnog? Get back on track with our Monday and Wednesday water aerobics.

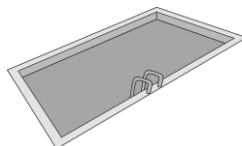
Doors open at 9:30 am, get in the water at 9:45am and exercise starts at 10 am.

Wondering if class is cancelled because of the weather? Call 645-6122 for up-to-date conditions. If there isn't a special recording, we are open for business. See you soon!

Classes resume January 4.

Join us at:

The Columbus Aquatics Center
1160 Hunter Ave
Columbus, Ohio 43201
614 645-6122



Alice Irwin is the instructor.

January 2016

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Newsletter Editor: Wendy Frantz

645-7427

Dance

Gillie Dance

Line Dance *Beginners* Tuesdays 1 pm
Advanced Tuesdays 2 pm
Intermediates Fridays 10:30 am

Move & Groove Monday 7:30 pm

Tap Dance:

Advanced Wednesdays 10 am

Beginning Wednesdays 10:50 am

Ballet Class Wednesdays 5 pm

Gillie Wednesday Evening Dance Information

(Due to rising costs, the weekly dance will go up \$1.)

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6-6:30 pm.

The DJ begins spinning a variety of dance music at

6:30. Refreshments will be served, dancing until 9 pm.

Weekly Themes:

January 6 Birthdays/ Anniversaries

January 13 Winter Blues

January 20 Snowflake Dance

January 27 Anniversary Ball (Free)

Marion Franklin

Line Dance

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11:15 am

Men's Tuesdays and Thursdays 1 pm

Men in Black Rehearsal

Tuesdays and Thursdays 2 pm

Line Dance Workout Tuesday and Thursday 10 am

Evening Line Dancing

Beginning Tuesdays and Thursdays 5:30-6:30 pm

\$20 per person, per session

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Golden Hobby Shop

630 S. Third St. in German Village

Columbus, Ohio 43206

Phone 614-645-8329

Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm

The Hobby Shop will be closed until January 31, 2016.

GHS is a great place to volunteer and meet people. Work a few hours each month, a few hours each week or just occasionally.

Red Hat Activities

Dodge

Red Hat Meeting at York Steak House

Tuesday, January 5 10:30 am

The meeting will start at 10:30 and then we will buy our lunch after. There will not be transportation. It will be on your own. Please try to attend so that we can have a great new year with lots of suggestions.

Gillie's Fillies Mark your Calendars!

Bowling at Columbus Square Bowling Alley

Monday, January 11 11 am

Cost \$10 for 2 games includes shoes

Lunch at the Gillie Café

Monday, February 15 11:30 am

Bingo begins at 1 pm.

Trips

Dodge

645-3176

Friday on the Town

Friday, January 15

Cost \$5

Breakfast and a movie returns! We will go out to breakfast, and then to Carriage Place. Participants are given the option of seeing a movie or shopping at some of the stores in Carriage Place.

Bowling at Sawmill Lanes and Lunch

Friday, January 22

11 am

Cost \$15

Price includes transportation, \$5 shoe rental and one game price which totals \$9.12 additional games are \$4.19 per game. We will be going out to lunch first.

The Ohio Historical Society

Friday, January 29

10 am

Cost \$15

Includes transportation and admission to Center. We will look around at the exhibits at The Historical Society then go to lunch afterwards.

Gillie

645-3106

Trip Policy:

Persons registering for **van/mini bus trips** need to be **current** members of The Columbus Recreation & Parks Department 50+ Programs. **Charter bus trips are open to adult non-members. All refund questions will be handled by the staff person in charge of the trip.**

Gillie Lunch Bunch

11 am-3 pm

Cost \$5

Join us as we visit good, tasty local restaurants and enjoy a little shopping getaway

Mark your Calendars—All dates are on Wednesdays: January 20, February 17 and March 16.

Registration begins two (2) weeks prior to each luncheon.

Trips

Gillie (continued)

645-3106

“SAMSON” Lancaster, PA.

Thursday-Friday, April 14-15, 2016

Join the fun with Gillie and Great Day Tours as we see the new musical “SAMSON,” at the Sight and Sound Theatre. Trip includes: **Day 1-** Motor Coach transportation, time to shop and browse at Kitchen Kettle Village and at the Outlets (over 90 stores) – there is no tax on clothes in Pennsylvania. One night lodging in Lancaster and a family-style dinner. **Day 2-** Breakfast, then on to “Samson” at the Sight and Sound Theatre followed by lunch at Miller’s Smorgasbord. Taxes, tips, baggage handling and driver gratuities included. (Coffee and lunch stops enroute and on return are on your own.)

\$326 (double Occupancy)

Register now!

Deadline to register is February 17, 2016.

Ghosts, Glass Shows and Trains in West Virginia

Wednesday-Thursday, June 1 – 2, 2016

Trans Alleghany Lunatic Asylum, formerly known as the Weston State Hospital, this West Virginia facility served as a sanctuary for the mentally ill in the mid-1800. The history of the building holds fascinating stories of Civil War raids, a gold robbery and the “curative” effects of its architecture.

A train ride aboard the *Cheat Mountain Salamander* includes a 45 mile trip of unspoiled mountain scenery with a stop at the inspirational *High Falls of the Cheat*. Lunch is included aboard the train.

One night of rooms; baggage handling included with breakfast at the hotel and a visit to *West Virginia University’s Jackson Mill Farmstead* for lunch and a tour.

Trip includes the *Premier Evening Show* at the *American Mountain Theater*. This show features a mix of country, southern gospel, bluegrass, pop and patriotic music to bring you the “*Freshest Sound in the Mountains.*”

And finally, at the *Appalachian Glass Tour* you will meet owner Chip Turner and learn how glass blowing has been a large way of life in West Virginia. Each passenger will receive a Glass Friendship Ball.

\$398 per person (double occupancy)

Registration begins Thursday, February 11.

The deadline is Thursday, April 7.



Lazelle

645-3612

Columbus Museum of Art

Saturday, January 16 10 am

Cost \$11 age 60+; \$17 under age 60

Central Ohio Fire Museum



Wednesday, January 13

10 am

Cost \$8

Marion Franklin

645-3612

NEW...Lunch and Learn

Wednesday, January 13 9:30 am

\$10 includes transportation and admission

We will start out the day with a tour through the one of Columbus’ many historical sites, note January site is TBD please call center for more details. We will go out to lunch afterwards and discuss what we learned and plan our next adventure. This will be a monthly trip.

Bargain shopping

Wednesday, January 27

9:30 am

Cost \$5

Join us as we head out to local thrift stores and bargain outlets to catch deals in which legends are made; and then we will grab lunch before heading back to share news of our finds.

Must register at the front desk.



Martin Janis

645-5954

Lunch and a Movie

Thursday, January 7 10 am

Cost: \$5 for transport, lunch and movie on your own

Let’s have a pleasant day with friends for lunch and see a movie of your choice.

Columbus Museum of Art

Thursday, January 21 10 am

Cost: \$5 for transport, \$8 senior admission, lunch on your own

Come on our first tour ever of the Art Museum to view works of art from the Masters.

Trips

Whetstone

645-3217

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

ALL ARE WELCOME ON THIS TRIP!

Wednesday, January 13 10:15 am

To start off the New Year, the group will visit the Schumaker Gallery on Capital University campus. (Admission is free to the gallery).

Lunch for the day will be decided while we're out and about. Bring your thinking caps. During lunch, we'll discuss and determine the entire year's outings.

Please call Mike with any questions.

Mike's Taste of Italia

Wednesday, January 20

Mike's Taste of Italia will go to a local favorite, Pizza House.

Please call Mike with any questions.

Café & Culture

Thursday, January 28 10:15am

For the start of 2016, we'll have lunch at the Zoe Café in Bexley. Then we'll visit The Columbus Museum of Art. We'll check out the new wing and other new exhibits.

Fees for the museum are TBD. You will receive a confirmation call the night before the trip with all the details.

Please call Connie with any questions.

Creative Arts Event

May 11 – 20, 2016

**Now is a great time to start
thinking about this year's
Creative Arts Event.**

**This year's theme is "Birds,
Blooms and Beasts." However
your art work does not have to
be theme related.**

Artists can enter up to three (3) pieces of art work. Intake will be Wednesday and Thursday, April 27 & 28 at the Martin Janis Center. Look for more information in your February newsletter.

Kroger Rewards

We Need Your Support -

Kroger's is giving up to \$4,000.000 to non-profit organizations this year.

Kroger is committed to helping our communities grow and prosper.

Help your senior center benefit from their generosity.

Kroger Community



If you are a Kroger shopper and have one of their free Reward Cards, you can designate the 50PLUSRECREATION, INC. to receive a donation each time you swipe your Kroger's Reward Card when shopping. You just need to enroll your card, designating the 50PLUSRECREATION, INC. as your chosen recipient from the approved list.

If you don't have access to a computer, ask your center staff to help you get your Kroger Card registered to designate the 50PLUSRECREATION INC as your recipient. It's free, it's easy!

Annual re-enrollment is required each year, so if you designated the Senior Recreation Council Executive Board as your recipient group last year— we need you to re-enroll again. The dollar amount we received last quarter was down from last year. You will receive printed reminder receipts at the cash register if you need to re-enroll.

Please take a minute to do this – we really appreciate the support & it costs nothing for our 50+ members, their families & friends to enroll and has no effect on the gas points that you receive. Spread the word, recruit help.

Please help this group that supports all of the Columbus Recreation & Parks 50+ Programs

Enrollment/Designation can be accessed at www.krogercommunityrewards.com or stop by your centers office for a printed version of instructions.



You will not be expected to pay annual dues... but the newsletter will still be available to our 50+ participants.

You will need to complete a new Application at your center each January (Or whenever you first attend).

You will be asked on your 2016 Application which one of the 3 Newsletter Options you choose for the year.

We will also still keep a hard-copy of your application in our office so we can easily access any Emergency information or emergency contact information if it should become necessary.

- ☐ **1. You will be able to access the newsletter on our web site at www.columbusrecparcs.com each month.**
The benefit of choosing this option is that it will be available on-line as soon as it is sent in to our print shop, usually by the 20th of the prior month.
- ☐ **2. You will be able to choose to pick up a hard-copy version of the newsletter at your 50+ center office.**
This version is often available within the week after being sent to our print shop. This is a good option for those without a computer at home, or if you are in the center often.
- ☐ **3. You may choose to continue to be put on our mailing list to receive a hard-copy at your home thru the mail.** This is for those of you that do not have access to a computer, don't regularly go to the recreation center, or for any other number of reasons that might be applicable. Your choice.



We ask that all participants choose only one option for this year; and if you opt to access the newsletter on-line or thru the mail, then do not pick up a hard-copy at the center. We want to keep our print count as accurate as possible to reduce waste and to best serve you, our 50+ participant.

The thinking behind eliminating the 50+ membership fee is that there are "adult" programs offered at most all of our 30 recreation centers and adults that attend evening or Saturday programs at centers not classified as "50+ or Multi-generational centers" do not pay a "membership fee" to attend their center. The main difference at our 50+ and Multi-generational centers is that we have staff assigned to specifically or primarily provide programs for 50+ participants. We offer more special events, special interest groups, volunteer opportunities and trips along with our regular class programs geared towards adults age 50+.

All adults are welcome to register for and attend programs at all of our recreation sites.

All 50+ participants will now follow the same protocol of all other recreation center users:

- ☐ **1. You need to obtain or update your current Columbus Recreation and Parks Leisure Card at your local recreation center office.**
This is a photo I.D. card that you need to enter our department facilities, such as recreation centers and the indoor swim center. Most of our centers have scanners at their front counter for participants to "scan in" when they enter the building. This count gives us a base number of participants that use the center.
Be patient with us on this, as a few of our 50+ sites do not have the equipment yet to create the cards – however, we expect to get them up and running at all sites soon.
- 2. Our department tracks the number of participant we have registered for each class offered in our centers too.** Non-50+ program participants have been signing up on-line for their classes for a few years now for each session: Winter Session, Spring Session, Summer Session, Fall I and Fall II Session.
Most of our 50+ and multi-generational 50+ programs run "year round" and you haven't had to register each session as they do at other sites. We are aware that there is a portion of our 50+ participants that don't have access to computers & in order to make it easy and consistent for all of the seniors we serve, we have had staff members enter their class list into the computer so we can track participation in each class offered. At this time, the plan is to continue with 50+ participants signing up in each classroom/program at the beginning of each session and the staff will continue to enter the information into the computer program.

We work hard to meet your needs and hope that the 2016 changes are to your liking.

We look forward to serving you at our centers and anticipate a healthy, fun and interesting year.

Senior Council Meeting

Tuesday, January 12 1 pm

Tax assistance will begin the 3rd week in February.

We will be celebrating Black History Month with a luncheon in February.

Dodge Chorus

Tuesdays 1 pm

Would you like to sing? Do you enjoy performing at events? Join Dodge's Chorus as we are always looking for new members.

Beginning Computers Mon. and Weds 10 am-Noon

Learn basic computer skills, email, word and excel

Bingo Thursdays 11-11:55 am

Senior Fitness

Mondays & Wednesdays 10 am

Keep yourself moving even with the warm weather fading away!

Kinta's Boot Camp

Tuesdays & Thursdays 7-8:30 pm

Tai Chi with Michael

Mondays 3-4:30 pm

Stay after chair volleyball and relax those muscles! A great way to build strength, flexibility, balance and helps relieve stress. Simple, low-impact fitness.

Pickle Ball Tuesdays 10-11 am

Walking Group Daily 9-10 am

Shuffleboard Thursdays 10:15-10:55 am

Weight Loss Group Wednesdays 3 pm

Chair Volleyball Mondays & Thursdays 1-3 pm

Dodge Handymen and Woodshop Mondays 1 pm

***New* Zendoodle Drawing**

Wednesdays 4-5 pm

In this class, you can have any drawing ability. We will be drawing on small illustration board tiles starting with just a line, then adding dots, dashes, circles, triangle to build a beautiful pattern, let your mind relax and focus while simply doodling.

Painting Step by Step

Mondays 1-2:30 pm

We will work on the same subject, going through a step by step process. Paintings will take a couple of class sessions to complete. Supply list will be available.

Intro to Acrylic

Mondays 8:30-10:30 am

This will be learning basic Acrylic painting techniques, mixing, color and value. In this class, students will all paint the same subject working with simple forms and compositions. Supply list available.

Conversational Spanish Classes

Wednesdays 11 am-1 pm

Beginning and intermediate.

Acting without Fear!

Wednesdays 1-2 pm

We will work on skits and perform at special events for Dodge; memorization of lines is not required. Act, socialize and have fun with some great people!

Join the Dodge Service Circle

Wednesdays 9 am-1 pm

We break for lunch in the canteen around 11:30. If you have any sewing experience or none at all, we can use your help in making ditty-bags for walkers and wheelchairs for local senior establishments and the Veteran's Hospital.

Recycle ART

Fridays

9-11 am

***New* Coloring Club for Grown Ups**

Fridays 3:30-4:45 pm

This coloring trend is a great way to relax and be social! Bring a coloring book of your choice, or we have coloring sheets here, intricate mandalas, owl designs or travel scenes. A simple way to relax the mind and focus. We have colored pencils, crayons and markers so you just bring the book of your choice or use some of our coloring sheets!

Are you interested in participating in Diabetes Self-Management Education?

We are trying to compile an interest list of people who might be interested in attending this 6 week course that will meet once a week for 2-2 ½ hours. The class will discuss topics such as: understanding the human body, understanding risk factors, monitoring one's body, increasing physical activity, meal planning, learning about medications and living with diabetes. If you are interested, please contact HMWetmore-Kemeter@columbus.gov. In order to make this class a reality, we need the participants!

Is there a class that you would like to volunteer to teach? We are always looking for New classes and ideas!

Happy New Year! Gillie will be CLOSED Friday, January 1 for New Year's Day & Monday, January 18 for Martin Luther King Jr. Day

OSU Extension Service with Lisa Gibson
Friday, January 8 9:30 am

Veteran's Group – No program in January.
Calling all American Veteran's from WWII, Korea, Vietnam, Iraq, and Pakistan and beyond. We need your help to keep our ranks marching and our memories alive. *Join us February 5 at 1 pm.*

BINGO

Mondays, January 11 & 25 1 pm

Alzheimer's Association

Tuesday, January 12

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm

For yourself or a caregiver; by appointment (457-6003).

Eat Better, Feel Better

Tuesday, January 12 11 am

Registered Dietitian Leonor Button from LifeCare Alliance presents: *Getting to the Meat of It*

History Roundtable

Wednesday, January 13 1 pm

January's topic: "Origins of New Year Celebrations."

Gillie Recreation Council Meeting

Wednesday, January 13 1 pm

Assurance Wireless

Thursday, January 14 10 am

"Assurance Wireless is a federal Lifeline Assistance program brought to you by Sprint and Virgin Mobile. Qualified individuals will receive a **Free Phone and Service**. If you are interested please stop the front desk for information on what you will need to bring to qualify.

Columbus Speech & Hearing

Thursday, January 21 10 am -3:30 pm

To schedule an appointment, call 261-5452.

Birthday/Anniversary Party

Thursday, January 21 12:15 pm

Everyone is invited to celebrate the months of November, December and January with our members.

Balance Clinic

Thursday, January 21 1:30 pm

Understand the principals and skills necessary to help maintain our ability to walk safely as we age.

Sponsored by Heartland/ Manorcare of Westerville

WII BOWLING INVITATIONAL

Thursday, January 28 11 am

Come have the Bowling Alley experience minus the Smoke and Quarter Lockers. We'll play the Wii and enjoy light refreshments.

AARP Income Tax Assistance

Wednesdays Only, February 3-April 13

By appointment only, call 645-3106 or stop at the front desk beginning Thursday, January 21st to reserve your time.

Healthy U/Focus on Diabetes

Tuesdays, February 9, 16 & 23 1-3 pm

Are you diabetic or even pre-diabetic? Then this is a program for you. Learn how to live successfully with this chronic disease.

Register at the front desk if you are interested.

Orthopedic Educational Seminar

Thursday, February 11 10:45 pm

Are you scared of the thought of knee or hip replacement surgery? Dr. Lance Maynard, Orthopedic Surgeon with Stryker Orthopedics will be here to talk to you about the ins and outs of orthopedic surgery.

Register at the front desk if you would like to attend the seminar.

Valentine's Day Dinner Dance

Friday, February 12 7-10 pm Cost \$15

Join Michael Rose for an evening full of fun, music and dancing with one of Central Ohio's most dynamic entertainers. Dinner and a ballroom dance show are included. **Tickets are on sale now!**

★ **Creative Arts Event – May 11 – 20, 2016** ★ get your paint brushes, potter's wheel, knitting needles and all other art supplies ready for a week of fun, dancing, art performances and workshops. The theme this year will be "Birds, Blooms and Beasts." (Art work does not have to be theme related.) Artists can enter up to three (3) pieces of art work. Intake will be Wednesday and Thursday, April 27th & 28th at the Martin Janis Center. Look for more information in your February newsletter.

Center Closed: Friday, January 1st*Happy New Year from the Marion Franklin Staff!***50+ Winter Session Registration: January 4 - 8****50+ Winter Session Classes begin: January 11 - March 11****Closed: Monday January 18th in observance of Martin Luther King, Jr. Day****January****Mental Health Awareness Month**

Learn about mental health awareness Informative solutions found on this website:

www.steadyrehabilitation.com**Marion Franklin Dining Center****Lunch: Tuesday-Thursday 11 am-1 pm***LifeCare Alliance...Nourishing the Human Spirit**For those aged 60+, lunch is provided for a suggested contribution of \$1.50. Additionally transportation is provided for a roundtrip contribution of \$1.25 for those aged 60+. For those under the age of 60, retail items will be available for purchase at lunch. To reserve lunch or transportation, call 614-278-3153.***Indoor Produce Stand****November 2015-March 2016 9-11 am****Every 1st/3rd/5th Fridays; Every 2nd/4th Thursdays**

The Clarfield Urban Farm, located at the Clarfield Elementary School, will still be producing delicious and nutrient-rich produce this winter! Good News...Marion Franklin will be the site for the Indoor Produce Stand. Join us as we partner up with Clarfield Urban Farm to bring free fresh produce to you each week.

AARP Tax Program – Tax Assistance will be available call the center for dates/times.**Pool Tourney****Wednesday, January 20 3 pm \$1 entry fee****Registration Deadline: December 22**

Classic 8 ball double elimination, call shot, no ball in hand. Winner will receive name and photo on wall.

Hot dogs and punch included in entry fee. Must register at the front desk.

Free Birthday Bash**Monday, January 25 11:15 am**

Come and celebrate your special day with the Marion Franklin staff and friends. All are welcome to enjoy fun and laughter for those born in October, November and December. Volunteers needed to help set up and organize event. See Scott if interested.

Pickleball: Two inside courts**Every Tues/Thurs Noon-2 pm****Mon/Wed/Fri 9-10 am****BINGO Every 1st and 3rd Tuesday 1-3 pm****Book Club discussion****Every 2nd Wednesday 1-3 pm**

All are welcome to attend. Dates and times are subject to change. Please call the center to register.

January 13**Book:** They Tell Me of a Home**Author:** Tommy Lee Tyson**February 10****Book:** X**Author:** Sue Grafton**March 9****Book:** Dark Summer**Author:** Iris Johansen**April 13****Book:** Roque**Author:** John Grisham**50+ Basketball****Every Mon/Wed/Fri 10 am-Noon****Needlework Social Club****Every Mon/Thurs 1-4 pm****Nurse Barbara Parker**, LifeCare Alliance Wellness Center; office 645-7173/voicemail 437-2927. Schedule an appointment to have your blood sugar checked and for information on how to manage your Diabetes.**Eat Better, Feel Better** provided by LifeCare Alliance**Every third Friday of the month****11 am-Noon Free/ no registration required****Free Hearing Services**

Call Rachel at 261-5452 for more information or to schedule an appointment.

Alzheimer's Association**Every second Tuesday of the month 1 pm**

Caregiver Support Group

For more information contact April Lee 325-1297.

Medicare Part D

Need extra help applying for Medicare Part D?

LifeCare Alliance can help. Please call the Wellness Center: 645-7173 or 437-2927 for an appointment. The nurse will assist you in completing the application.

Martin Janis will be closed Friday, January 1.



Ring in the New Year!

Get 2016 off to a great start by joining in the many activities at Martin Janis. Winter session registration begins January 4 and classes begin on January 11.

The DIVA Movement Women's Wealth and Wellness Expo!

Saturday, January 23 10 am-2 pm

The DIVA Movement is a personal development and social networking organization for women and girls: *Empowering, Motivating and Inspiring women to BE Extraordinary.* For more information, check out their website, www.thedivamovementohio.com or inquire at the front desk.

NEW in 2016

BEGINNING QUILTING WORKSHOP

9 Week Workshop for Beginner Quilters

January 8 – March 4, 2016

Fridays 1-4 pm Cost \$45

Nine – 3 hr. – Workshop Sessions

Class size is limited so register early.

You will be making an oversized lap scrap quilt using the traditional 9 Patch Block variation.

Requirements:

(1) Must be able to operate a sewing machine and sew a straight seam.

(2) Must be able to read a ruler for measurements.

Supply list for the first class: Bring your sewing machine, machine manual, lint or small paint brush, oil, lubricant, screw driver, and extension cord. A complete supply list for the workshop will be provided at the first class.

Come prepared to have fun!

Martin Janis Senior Council Meeting

Wednesday, January 20

All council meetings are open for members to attend. Please consider joining the council and volunteering at Martin Janis in 2016.

Coffee Club

Wednesdays 9 am

Come join the conversation!

"Breakfast for Lunch"

Wednesday, January 6 11:30 am

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month. Their quiche is excellent!

Lunch served Monday-Friday; 11:30 am-12:30 pm

Affordable home cooking, health conscious meals at \$5 and under.

Gregg's Health Corner: Meditation Not Just for Relaxation. A Harvard University study of mindfulness (focused) practitioners of meditation found an increase of grey matter in the brain after their MRI scan was compared with another control group of non-practitioners. They observed a thickening of the cerebral cortex in areas associated with attention and emotional integration. There are many methods of meditating and you will gain in peace of mind and in cognitive adaptations.

Save the Date:

Coming in February! The Martin Janis "Artist in the Making" Exhibit/Show. It's a new year and it's time for us to show off our ultra- talented artists! Contact Mike for information, 645-5954.

Creative Arts Event

May 11 – 21, 2016

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2016 event is: "Birds, Blooms and Beasts!" Now is the time to start thinking about your project; let your creativity take flight and bloom. For more information, contact Mike Phillips at the Janis Center at 645-5954 or Linda Jacobs at Gillie, at 645-3106.

AARP Tax Preparation

Free Tax preparation by the AARP Foundation volunteers will start on **Monday, February 1 from 9 am-3:30 pm.** Walk-ins only; no appointment required. Open to all community members.

Whetstone will be closed Friday, January 1 and Monday, January 18.

Participants must present payment upon registration for all activities with fees.



Canasta

Mondays 1:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; Noon-3 pm; Free; Community Room

Progressive Bridge

Thursdays; Noon-3 pm; Free; Community Room

Don't know how to play Bridge? Don't feel intimidated. Come to the Progressive Bridge Workshop every 3rd Thursday of the month.

This month's workshop is Thursday, January 21; 11 am-Noon; regular play begins after workshop.

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. It's soup season again for Captain's Table! Bring your appetite and \$5 and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball \$20 for a one year pass

**Mondays: 11 am-1 pm Beginner-Intermediate
1:30-3:30 pm Advanced**

Tuesdays: 11 am-1 pm Beginner-Intermediate

**Fridays: 12:30-2:30 pm Beginner-Intermediate
3-5 pm Advanced**

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. It's set up in the gym and there will be enthusiastic 50+ members there to teach you how to play. ***Contact Rick or Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm Free



Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing".

Contact the center with any questions.

Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Monthly Friday Potlucks

Friday, January 22 Noon

Potlucks are on the 3rd Friday of every month. The senior council provides a meat dish.

No money will be taken from participants. EACH INDIVIDUAL MUST bring a dish sufficient to feed 10 people in order to participate in the potluck.

Please call the center in advance for your reservation, so we know how much food to prepare.

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including the following.

Full Body Conditioning with Char

Mondays, Wednesdays & Fridays 9:15-10:15am/ \$50 for all three days, choose 2 days for \$40, choose 1 day for \$25

Wii Bowling Tuesdays 10am-Noon/ Free

(Contact Mike for your time to bowl)

***The Body Shop Workout* Tues. /Thurs. 4, 5 & 6pm and Sat 9:15am / \$10 for 1 class pass, \$70 for 10 class pass, \$120 for 20 class pass, \$150 for 30 class pass**

***Poetry & Prose* Thursdays 1-3pm/ Free**

Open Walking- Gym M, T, Th, & F 8-9:15am/Free
***Fearless Falling (Adult Safety Skills)* Fridays 10:30-11:30am/ \$30**

Chair Yoga Wednesdays 11:15-11:45am/ \$25

Gentle Yoga Wednesdays 10-11am or 7:15-8:15pm/\$40 each

See Center Class Schedule for complete class listing.

Schedules are available in hardcopy at the front counter & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

Empty Bowls

Thanks so much to all our bowl makers and soup makers for November 2015!

Whetstone's event brought in our highest total yet.

Through everyone's hard work, we were able to raise \$1885 for the Mid-Ohio Foodbank.

COLUMBUS RECREATION AND PARKS DEPT
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New information on your 50+ membership. See page 5.



All centers will be closed:



**Friday,
January 1**

**Monday,
January 18**

